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Bangalore Mirror

TEMP Max 34 | Min 21 | Humidity 40% Partly cloudy sky Sensex 57,684 | Nifty 17,254 | Gold 51,670 | Silver 71,900 | Dollar 76.30 | Euro 83.83 | GBP 100.82

NET ZERO

There are no covid-19 containment zones in city

CITY / PAGE 2

CITY / PAGE 3

LAKE VIEW

South Western Railways rejuvenates depleted lake

Staying home, sitting in front of laptops, eating unhealthy food and lack of physical activity have led to kids hitting early puberty, docs say

SHORT-CHANGED

'Early menarche can affect individual's height'

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Surely, the pandemic has taken a toll on the mental health of children — being confined at home and the like. Nevertheless, there were also increasing incidences of children hitting early menarche, especially girls.

Health professionals who are coming across such instances said this can lead to social and emotional problems.

While many girls hit puberty after the age of 12, some were seen attaining puberty as early as 8-10 years.

Earlier, cases of girls reaching puberty were as rare as one odd case in 3 years. However, post pandemic, doctors saw 10 plus cases.

In one such case, doctors said, a 10-year-old who had started eating unhealthy during the pandemic without any exercise, put on weight, subsequently reaching early menarche. Her worried parents got her to the hospital to check if it was normal.

In another case, a 9-year-old was seen to have attained early menarche.

This took a toll on these children as they didn't know how to deal with sudden bodily changes.

Dr Gayathri D Kamath, senior consultant in obstetrics and gynecology at Fortis Hospitals, who observed a trend of early menarche during pandemic, said school girls have missed out on interacting with friends, and there were no physical activities during the time.

"There has been a surge in premature kids reaching early menarche. We have observed that as years are passing by, the number of children hitting puberty at a normal age is reducing. Earlier, we would see

CONTINUED ON PAGE 2 »

> **"Pre-pandemic, I would see one odd case in three years. Post pandemic, I have so far seen ten such cases.**
>
> — Dr Gayathri D Kamath, Fortis Hospitals

Animal Lovers

BBP raises Rs 1.89 cr between April 2021 and February 2022 through adoption

JUNGLE CAT/CC BY-SA 4.0/SOUMYAJIT NANDY

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The Bannerghatta Biological Park's (BBP) 'animal adoption' programme was launched two years ago.

Apart from helping to tide over pandemic-induced fund crunch, the initiative is turning out to be a big hit among animal lovers.

As per information provided by the BBP, just 231 animals were adopted during 2020-21. In contrast, over 2,000 adoptions have taken place between April 2021 and February 2022.

Rhesus Macaque, Jungle Cat, Common Palm Civet, Indian Muntjac, Great Indian Hornbill, Palm Cockatoo, Sulfur Crested Cockatoo, Galah Cockatoo, Blue Crowned Pigeon, King Cobra, Start Tortoise are some of the animals that got adopted the most.

Zoo officials said a high number of adoptions may be attributed to a

CONTINUED ON PAGE 6 »

3 THINGS TO DO

01 Love, humour, and more

Kathputliyan Theatre Group (KTG) presents "Saadhe Chay Rupiye ka kya kiya?" The play is a peculiar love story of a husband and wife and their playful conflicts on silly and littlest of things; thereby outlining the mischief, liveliness and honesty in their relationship. The play is written by Kiran Potrekar and translated into Hindi by Raja Bagban, directed by Zafer Mohiuddin.
Where: Alliance Francaise, Vasanth Nagar,
When: March 27, 5 – 7 pm, Entry: Free

02 Optikal Asylum

Koramangala SOCIAL is all set to host OPTIKAL ASYLUM, an art & music showcase that has completed over 35 editions, providing a platform for over 500+ artists across the country. The property returns to Bengaluru for a special Kranti Art Theory Anniversary Edition, featuring hardcore junglists Denham Audio B2B Mani Festo (UK) + live art and an art auction. With the aim to make art more accessible to the urban young audience, OPTIKAL ASYLUM features artists exhibiting their works which include some of the finest young talent coming out of the Indian subcontinent. **Where: Koramangala SOCIAL**
When: March 26, 3 PM onwards
Entry: Rs 300, insider.in

03 Ugadi Santhe

Check out Ragi Kana's Ugadi Santhe that promises to be a one-of-a-kind event. The Santhe will be packed with numerous farmers bringing authentic and fresh organic produce. There will be a wide variety of summer fruits and vegetables, freshly harvested, along with groceries. Food will take centre stage with a special section dedicated for traditional Karnataka sweets. Several other Ugadi special dishes/ beverages will be available. There will also be a saree exhibition and cultural programmes and workshops.
Where: Chikoo and Coconut Farm, Gottigere
When: March 27, 10.30 AM – 6 PM
Entry: free, 9483852436

CONTAINED, NO MORE

B'luru reports zero containment zones, a first since the pandemic began. However, covid-appropriate behaviour will continue to exist

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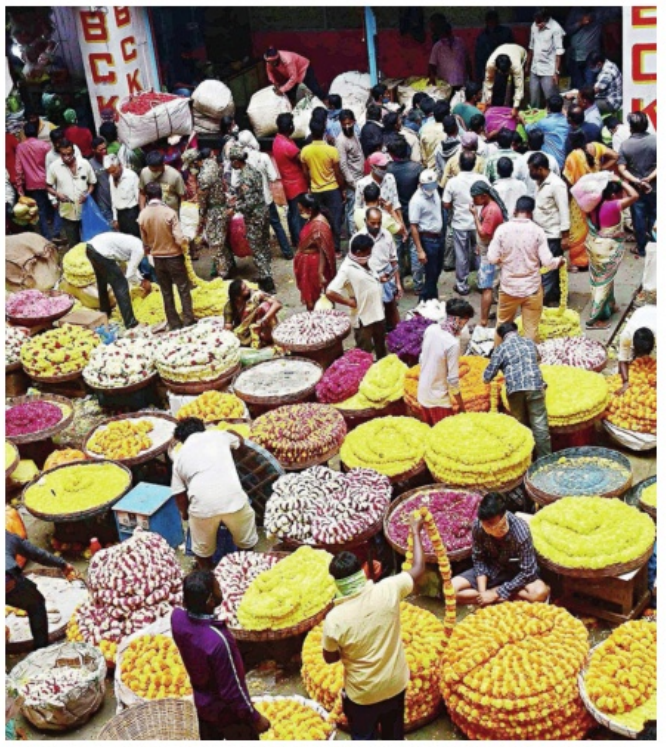
In what can be seen as a sign of finally returning to a pre-covid world, as per the latest BBMP report, all containment zones in the city have been deactivated. This is said to be the first time such a move was taken since the outbreak of Covid.

Earlier, BBMP had decided to announce an area as a containment zone if there were more than three cases. As a result, there were 200 plus containment zones in the city. During the first wave, when the number of Covid cases were going up, roads were blocked if there was even one Covid case.

This had caused so much inconvenience that even the people in neighbouring houses could not step out of their homes. Barricades were erected with police personnel guarding the roads to ensure that no one steps out of the house.

However, the rules had to be relaxed as the cases grew in number. From the entire road, the containment zone was reduced to 100 metre and then, to only a home or a floor (in case of an apartment). The contacts were identified in the categories ranging from primary to tertiary and were subjected to repeated Covid testing.

Since then, a lot has changed and today, Bengaluru is completely free of Covid containment zones. For the last five days, there have been no Covid admissions to the hospital in the city.



Back to a pre-covid era: Citizens, some with masks and some without, go about their daily business at the city market

DM guidelines to stay

The Centre has asked the State Governments to consider appropriately discontinuing issue of orders and guidelines under the Disaster Management Act 2005 for containment measures. However, states may continue to follow the SoPs/advisories from time to time for containment measures, vaccination and other related aspects, including observing Covid-Appropriate Behaviour.

In a letter, Union Home Secretary Ajay Bhalla said, "On March 24, 2020, on the direction of the National Disaster Management Authority (NDMA), the Ministry of Home Affairs had been issuing orders and guidelines under the Disaster Management Act 2005, for the containment of Covid-19 in the country.

Over the last seven weeks or so there has been a steep decline in the number of cases. The total caseload in the country stands at 23,913 only and daily positivity rate has dropped to 0.28 per cent. The NDMA has taken a decision that there may not be any need to invoke the provisions of the DM Act for containment measures."

Bhalla added that after the expiry of the existing disaster management order of February 25, no further order was issued by the Union Home Ministry. However, use of face masks and hand hygiene will continue to exist. "I would like to mention that in view of the nature of the disease, we still need to remain watchful of the situation.

Wherever any surge in the number of cases is observed, the States/UTs may consider taking prompt and proactive action at local level, as advised by Centre from time to time," he added.

12-yr-old dies of Covid

Karnataka continues to report less than hundred Covid cases a day. On Wednesday, 93 fresh cases were reported including 75 in Bengaluru. The cases have been zero in 21 districts while zero deaths were reported from 29 districts. Meanwhile, a 12-year-old girl from Bengaluru succumbed to Covid. However, this was an old case (death was reported on March 7) which has now been added to the Covid health bulletin.

"NDMA has taken a decision that there may be no need to invoke provisions of the DM Act for containment zones – Ajay Bhalla, Union Home Secretary

Metamorphosis: Now Is Too Soon

CONTINUED FROM PAGE 1

children reaching puberty at 12 years and above; but now cases of even 8-10 years aged kids are seen. Kids staying at home, sitting in front of laptops, eating unhealthy food coupled with lack of physical activity have led to bodily changes. This has resulted in many children hitting early puberty. Pre-pandemic, I would see one odd case in three years. But during the pandemic, I have so far seen ten such cases and could relate it to the pandemic."

Gynecologists also pointed out the increase in incidence of young adolescents having issues of irregular menstrual cycles during the pandemic.

"Lifestyle has been a major problem. Children are eating junk food. During the pandemic, as they have stayed at home, many have got into the habit of ordering food from outside like pizza or burgers and skip healthy meals. This led to them being overweight and even in the release of hyper estrogen. Heavy flow amongst young girls is another complaint we have seen largely during pandemic. Many are in front of laptops; no school during these years and no activities have hampered their bodies. All of these could lead to loss of blood, or PCOD and even acne," said Dr Vidya V Bhat, medical director at RadhaKrishna Multispeciality Hospital. Dr Vidya added that in certain cases, early menarche can affect the child's wellbeing and there could even be chances of endometriosis. "These are all hypothetical and not even evidenced. However, we need to ensure that youngsters should have an active lifestyle for better health," she said.

Dr Vijaya Sherbet, consultant in obstetrics and gynecology at Manipal Hospital said the age of the first period has reduced by 0.25 years (quarter of a year) every decade from the beginning of the 20th century.

Precocious puberty which begins before the age of eight in girls have still not been observed. However, if the child is obese, it could lead to precocious puberty.

"This is a result of improved nutrition and reduction in childhood infections. There is an increase in chances of precocious puberty if the child is obese, or slightly overweight/high BMI index; however, this is not applicable for all children. While there are cases where children are normal weight too. The children who have reached early puberty have accepted it well. It's the mothers who are concerned about managing daughters' during this period. They are worried about how their daughter can manage their periods in school at an early stage. However, children are taking measures for sanitary protection, hygiene practices, and knowing how to dispose of it, even as mothers have a role to play," Dr Sherbet noted.

Another problem of hitting precocious puberty is that the children can be of short height. Children with precocious puberty may grow quickly at first and be tall, compared to their peers. But, because their bones mature more quickly than normal, they often stop growing earlier than usual. This can lead to them being shorter than average as adults.

Their attempt to revive and restore lakes

South Western Railways rejuvenates dead lake; sets up rainwater harvesting provisions in their buildings

The lake was cleaned, stormwater drains constructed, and a walkway created for an aesthetic look

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With summer setting in, heat waves are fast drying up water, especially in drought-hit arid areas that receive limited rainfall. Now, the South Western Railways (SWR) have decided to do their bit for the environment.

Senior SWR officials have brainstormed initiatives for conserving the environment and they have started with reviving and replenishing water bodies that fall fully or partly within their jurisdiction. Water is an important resource that needs to be conserved especially in an arid area with limited or average rainfall like in Ballari.

Officials recently carried out an inventory of water assets available within their zones and learned that they had around 392 borewells.

"SWR's vision is to minimise dependence on underground water, and also take measures to replenish it. All major buildings in SWR, and other new buildings have been fitted with rainwater harvesting provisions," said Aneesh Hegde, spokesperson for the SWR.

Recently, the SWR officials had spotted an almost dead lake, filled with debris and silt, and the water filled with filth. The lake, which has a surface area of 7850 square metres, is situated within the premises next to the staff colony in Ballari.

Senior officials chalked out a plan in the month of November last year and started the work of reviving and rejuvenating the lake. Silting was done, and the debris was removed. Retaining walls around the tank bund was constructed to maintain the structure of the lake. Pipes were laid and stormwater drains were constructed to make way for the collected rainwater to be flowing into the lake.

A sewage water treatment plant, which has a capacity of 100 KLD, was also set up to filter, treat and purify waste water from the staff colony near the lake, and the treated water is being let into the lake. A walkway with safety railing and benches were constructed around the lake which would serve as a serene spot for enjoying natural scenic beauty during sunrise and sunset, said one of the senior SWR officials who added that they were hopeful that the lake and its surroundings will turn into a relaxation spot for the staff and public.

The objective is to maintain this water body well which will recharge the groundwater aquifer in the long run and maintain the underground water table. The team of workers have also introduced algae-eating fishes to keep the lake clean naturally, Hegde added.

"Our staff from the colony in Ballari is planning to name the newly revived lake as 'Oasis' as earlier, the lake was referred to as the Railway Colony Pond," said Arvind Malkhede, Divisional Railway Manager, Hubballi Division.

Saving water bodies

This is not the first time SWR is reviving a lake. In January 2021, they had revived and restored a lake named Devaragudihal lake, one of the biggest water bodies in the SWR zone, with a storage capacity of nearly 2000 million litre. This lake was constructed in 1907 to sufficing the water requirements of the railway staff in Hubballi, the SWR's headquarters.

'State legislatures can tax lotteries by other states'

The Supreme Court on Wednesday held that state legislatures are competent to levy tax on the lotteries run by other state governments or the central government on their territory. A bench comprising of Justices MR Shah and BV Nagarathna said the subject 'betting and gambling' in Entry 34 of List II is a state subject. "It is now clear that 'lotteries' is a species of gambling activity and hence, within the ambit of 'betting and gambling' as in Entry 34 List II," it said. Justice Nagarathna, who authored the judgment on behalf of the bench, said that the Karnataka and Kerala government can impose tax on lotteries conducted by other state governments as the court allowed an appeal filed by Karnataka and Kerala challenging the decisions of their respective high courts. – IANS

BBMP engineer to be sacked for negligence

Following the death of a 14-year-old girl who died while trying to cross the road as the Hebbal underpass was inaccessible, BBMP Chief Commissioner Gaurav Gupta said that an engineer would be sacked for not maintaining the subway.

On Wednesday, a BBMP release said, "It is found that Ashoka Bagi, Assistant Executive Engineer, who works in the Road Infrastructure-TEC Division, failed to manage the pedestrian subway and overpass. BBMP Chief Commissioner has been notified to relieve Bagi from the Road Infrastructure-TEC Division immediately."

The incident took place on Monday, when the victim, while trying to jump over the median on the busy road, died when a BBMP lorry hit her.

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LIC/PRA/2021-22/40/Eng

Harluru lake turns black spot, again

Residents say the trench that was dug up a month ago to put a check on illegal dumping has now been filled back up for pipe-laying work

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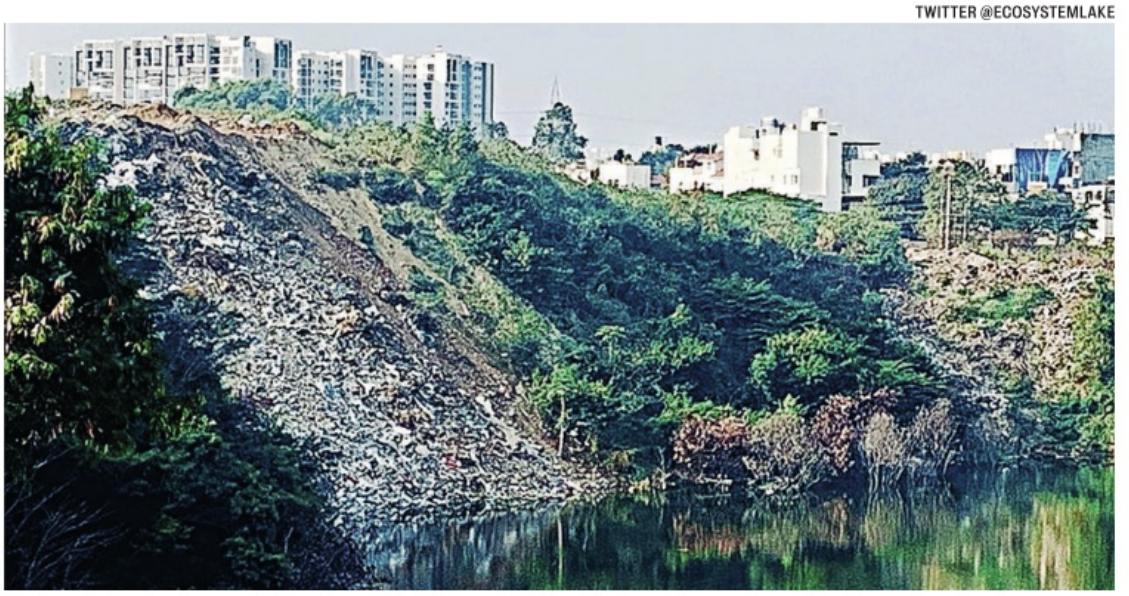

Harluru Lake has turned into a landfill with people illegally dumping garbage into the water-body

Those residing in the vicinity of Harluru lake, which was facing the issue of illegal garbage dumping a few weeks ago, are back to square one. Residents say that waste dumping has resumed over the last few days after a hiatus of almost a month.

Almost a month ago, the residents of housing societies on Dinne Anjaneya Swamy Temple Road, Haralur complained of tonnes of mixed waste that was being dumped in their backyard. The garbage mixed by unidentified sources was being put in an abandoned quarry pit, which over time had gathered rainwater and turned into a pristine water body.

When the residents complained, the BBMP swung into action and took a slew of measures to ensure that illegal dumping stops. A trench was dug up to curtail the movement of vehicles around the water-body. BBMP officials had also informed BM that barricades will be installed, garbage around the waterbody will be mud capped and the area will be kept under surveillance.

Barely a month has passed, garbage woes appear to be back. Residents say the trench that was dug up a month ago to put a check on illegal dumping has now been filled back up for pipe-laying work. "The quarry pit was abandoned for over two to three years. It slowly accumulated water and turned into a small lake. The water was in a pristine state till garbage dumping started a few months ago. While BBMP took care of the issue recently, the issue has started again," said Ashutosh Kapoor, a resident in the area.

> **As part of the pipe-laying work, the trench that was created to stop vehicular movement has been filled up now, giving a free pass to the water-body** –Resident

According to BBMP officials, the trench has been filled up for the work being carried out by L&T. "They filled up the trench a week ago and will create it once the work gets over. We are keeping an eye on the waterbody and will make sure that garbage is not dumped," said a BBMP official.

However, residents say that the garbage trucks unload during the off hours. Moreover, trucks of loose mud that were being excavated by L&T to lay the pipes were also being dumped in the water-body. "It continued for a few days until we reached out to the BBMP authorities. While this issue was taken care of, the trench that was created to stop the vehicular movement has been filled up now giving a free pass to the waterbody," said another resident.

Bangalore Mirror

Haralur residents organise signature campaign against illegal dumping of waste in abandoned quarry. Experts say trashing of site in violation of NGT directive

BACKYARD LANDFILL

Leachate may lead to groundwater contamination

On March 9, BM had reported how Haralur Lake had turned into a dumping yard

Ahead of civic polls, AAP in full form

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AAP supporters in Bengaluru celebrate the party's win in the Punjab Assembly Elections

The Aam Aadmi Party (AAP) wave is building up ahead of municipal polls in the state, buoyed by the success in the Punjab election results.

AAP members are travelling around the state conducting membership drives and they say the response they receive is "awesome". "In a day, our every assemblies' presidents would be getting many calls from people willing to join the party. I am getting 8-10 calls and many are meeting me in person, expressing desire to join the party and also to contest for elections," said Ashok Mruthyunjaya, president of Mahadevapura Assembly - AAP.

There has been an overwhelming response after the Punjab elections, says Mruthyunjaya, adding that they have also done a dipstick survey on the voting share. "It shows that before March 10, our voting share in Bengaluru was 7 per cent, which has now become 31 per cent."

Party workers had also organised a fundraising event on Sunday where they collected Rs 28 lakh from almost 140 people who contributed from the range of Rs 20,000 and above, and all those same people have agreed to donate more for the upcoming elections. "Our target is to make sure that we have enough funding for the upcoming BBMP polls for all the 224 candidates in the existing 198 wards in the city."

State convener Prithivi Reddy has been busy travelling across the length and breadth of Karnataka to understand the dynamics and expectations of both the urban and rural voters from AAP. "On Monday, Reddy visited Mangaluru, and almost 150 people took part in the membership drive and a few bigshots from the city have also assured joining the party soon. There has been an overwhelming response not only in Bengaluru but also in other districts," said another AAP party worker.

Party workers say that they are invited to people's houses during their door-to-door campaigns. "Each ward in the city would have its own problem and AAP is not going to generalise any civic issue. In some wards, there might be scarcity of drinking water, whereas in some other wards, it would be a water-logging issue. The issues have to be dealt with individually ward-wise and resolved accordingly," Mruthyunjaya told BM.

Membership drives held

The party workers launched membership drives on Wednesday across the state for 10 days at each and every ward. They set up stalls at every ward and enrolled members. There will also be online membership drives through social media, the members said.

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Control the switch

Kannamangala

The streetlights are kept on till 8.30 am on Kannamangala Main Road near Seegehalli. However, the same is not put on most of the days during evening or night hours, when it's actually wanted. Authorities need to fix the issue.

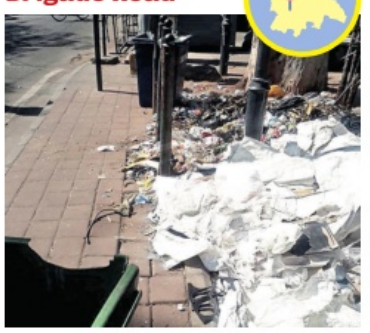
Danger on the way

Double Road

On Double Road, a pavement alongside Kotak Mahindra Bank has become dangerous for pedestrians with parts of it getting damaged. Authorities need to fix it at the earliest.

Clear the mess

Brigade Road



Heaps of garbage piled up near War Memorial at Brigade Road junction is causing trouble for residents and passersby. Pourkarmikas need to take up the responsibility and clear the area.

From right under the police's nose

Stolen autorickshaw found only to be robbed of parts at Chandra Layout police station

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A 40-year-old autorickshaw driver found his stolen rickshaw abandoned at a different corner of the city. The vehicle had run out of gas. What bothered him most was that the vehicle was in an okay condition when he found it abandoned after being stolen but was not okay after the cops took it to the station. Within a night, two of its tyres, the back seat and other spare parts were stolen from the police station.

Rajendra Prasad, a resident of Rayapura, had approached the Jagjivan Ram Nagar police station and filed a complaint of theft on Friday morning when he saw that his auto-rickshaw was missing. He was also calling his friends and other drivers to help search for his vehicle. He got a call from an auto-rickshaw stand in Chandra Layout. Some drivers had spotted his vehicle and got his phone number from its license plate.

Prasad rushed to Chandra Layout and found his vehicle. "There was slight damage to the mudguard and the gas had run out but everything else was fine. As I was thanking the drivers at the stand, one of them told me that the thief had abandoned my vehicle as it had run out of gas and had stolen another one from the stand and fled," Prasad told BM.

, the owner of the stolen autorickshaw and Prasad, headed to the Chandra Layout police station and narrated the incident. Police constable Rajkumar accompanied them to the stand and asked Prasad to bring his autorickshaw to the station.

Meanwhile, the Chandra Layout police were informed by their Kengeri counterparts that they had nabbed an autorickshaw thief who had stolen a vehicle from the Chandra Layout jurisdiction.

Constable Rajkumar explained to Prasad that since it was a case of theft, an FIR had to be registered and only after the formalities involving the court were cleared, Prasad's autorickshaw would be released to him.

Prasad locked his vehicle and handed the keys over to Rajkumar. "When I returned to the station on Saturday to inquire about the case, I was shocked to see my vehicle (in such a condition)... When I informed the constable, he said he would look into it. How can a vehicle get robbed of its parts from a police station?" asked Prasad.

"I just want whatever is left of my vehicle so that I can resume earning. It has been really rough over the past two years due to the pandemic and I have many loans."

Kiran Mazumdar-Shaw RSE Fellow now

Executive Chairperson of Biocon and Biocon Biologics, Kiran Mazumdar-Shaw has been elected as a Fellow of the Royal Society of Edinburgh (RSE). She figures among the 80 luminaries to be appointed to RSE's Fellowship this year.

Scotland's National Academy established in 1783, for the advancement of learning and useful knowledge and Fellows are elected to join RSE from across sciences, arts, education, business, and public life in recognition of their impact in improving the world around them.

–IANS

Man held for death threat to HC judges over hijab verdict

A man hailing from Tamil Nadu has been sent to eight days of police custody for allegedly issuing death threats to three High Court judges including Chief Justice, following their verdict on the ban on Hijab in educational institutions in the state.

"The state government is taking the matter of threats to judges very seriously, as it amounts challenging the system. The man from Tamil Nadu has been brought to Bengaluru by state police for further investigation," said Home Minister Araga Jnanendra.

–ANI

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Appointment of Director, Indira Gandhi Institute of Development Research (IGIDR) - 2022

The Search Committee for selection of a Director for Indira Gandhi Institute of Development Research (IGIDR), invites applications from eminent scholars with proven track record of outstanding research and academic achievements for the post of Director, IGIDR. The Director's appointment shall initially be for a period of five years and he/she shall be eligible for reappointment for a further period of five years or less at a time / up to the age of 65 years. The applicant should not be aged more than 60 years as on April 18, 2022. The other terms and conditions of appointment and format for submitting Curriculum Vitae are detailed in the advertisement placed on the websites of RBI (www.rbi.org.in) and IGIDR (www.igidr.ac.in). Applications/ nominations, together with a detailed Curriculum Vitae (in the prescribed format only), may be mailed to IGIDR Search Committee 2022, C/o Corporate Strategy & Budget Department, Central Office, Reserve Bank of India, Main Building, 2nd floor, Shahid Bhagat Singh Marg, Mumbai 400001 or emailed to igidrsearch2022@rbi.org.in, not later than **5:30 p.m. on April 18, 2022.** The Search Committee reserves the right to fill the position by invitation.

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Get rid of the exam blues

Just think of how best you can answer questions and get fun out of your studies

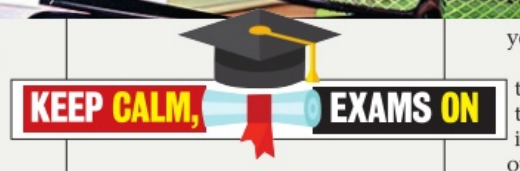
It is that time of the year, when you get rid of tension so that you can focus on exams. Exam is only an exercise to assess your learning over a period of time. It is meant to be objective, and assess how students perform in a similar condition. Every person is different and has strengths and weaknesses. If a student is not able to perform well, it does not mean the end of the world. Marks and relative scores are important to gain admissions to competitive courses.

The pressure of thinking about marks will take away the joy of writing exams. When exams start, scores for everyone start from zero. So, you start answering the questions and accumulate marks with time. Instead of marks, you should focus on trying to write the best answers and trying to get fun out of them. Your aim must be to better your previous best performance and not compare it with others.

Too much nervousness will take away from your ability to remember things. So take enough mock tests to feel at ease

Apprehension over what may be asked is common If the level of nervousness is within reasonable limits, it helps to concentrate. If there is too much nervousness, it will reduce concentration, thus will hamper retrieval of learnt information in the memory. So, you must rehearse by doing several short mock or practice exams, imagining being in the exam hall and by this, you may then get used to the conditions. If nervousness is the issue, a mock test is the solution.

Experiencing sweaty palms is a sign of anxiety, and if you are very nervous in the exam call, take a few slow and deep breaths, to get the rhythm of breathing back to normal, you may adapt to conditions and just move on to answering easier questions. It is also important to plan your sequence of writing. Start answering easy ones first as this would help gain confidence. When you reach so called difficult ones, confidence would have eased the nerves, so this may help you likely remember and write those well. It is a good idea to read the whole question paper at the beginning. Sometimes you may suddenly remember the answer for a tricky one. If you do not know any of the questions, just move on to the next one, so you can come back to it later.



If you have already studied the best you can and feel that the question paper is tough, it is likely to be tough for others too. It is fine to be ambitious. Each exam condition must be considered as new and one must adapt to that on that day. Your goal when you go into the exam hall is your 'best possible' performance, for which you only need better concentration and maintaining it throughout, he added.

(Dr Vijaykumar Harbishettar is a Consultant Psychiatrist, Padmashree Diagnostics).

Crack on with these tips

To-do List

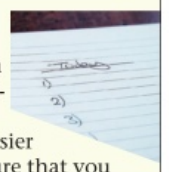


Chart out your own unique study schedule to make exam preparation time easier to manage. Make sure that you plan your schedule in a way that suits your studying habits and ensures that you're fully focused when studying/preparing.

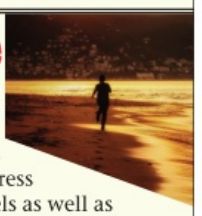
Sleep

A minimum of eight to nine hours of sleep is required to ensure that the brain and the body get sufficient rest. Being on gadgets for too long before bed reduces the brain's ability to read, retain, and recall information. It is crucial to program the body to sleep and wake up at the same time daily.

Write thing

Use the 'write to learn' method has proved to be one of the most effective ways to prepare for exams and retain information. As students go back to school for offline learning, it's crucial that they get used to putting pen to paper, it helps in activating photographic memory.

Be Active



Leading a healthy and active lifestyle is said to reduce stress and anxiety levels as well as enhance brain function and activity.

No vacant seats left in govt engg colleges

There is no vacant seat in government engineering colleges across the country, the Parliament was told on Wednesday.

Responding to the question of BJP Rajya Sabha member from Karnataka, K.C. Ramamurthy on the number of vacant seats, Minister of State for Education Dr Subhas Sarkar said that there was a continuous increase in the number of approved seats in government engineering institutions from 2019-20 to 2021-22.

"The AICTE has started a portal named National Educational Alliance for Technology (NEAT) aimed to bring the best technological solutions in education technology to enhance youth employability. These solutions use Artificial Intelligence for personalised and customised learning experiences for better learning outcomes and skill development in niche areas," he said.

Sarkar also said that the government has been able to provide education in all corners of the country with equity, quality, affordability, and accessibility.

Responding to a supplementary question, he said that the placement of engineering students has not declined in the country despite the Covid-19 induced lockdown. **IANS**

Animal adoption a big hit

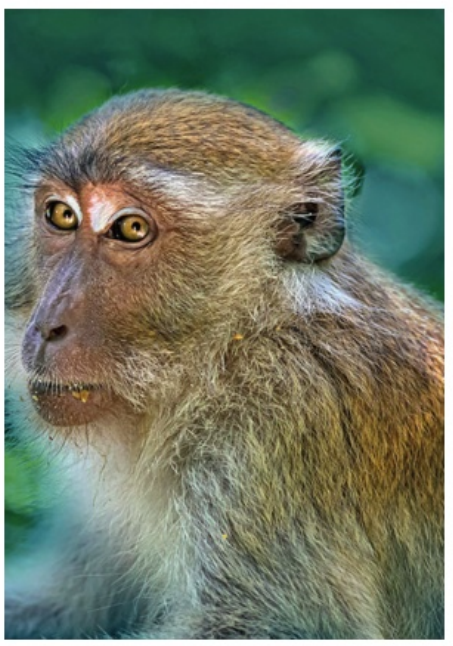
CONTINUED FROM PAGE 1

ramped-up adoption model, which includes the staff spreading awareness about the initiative among the visitors.

"Surely, there's been a steady increase in the number of people who adopt the animals. This can be due to extra adoption facilities that have been added, which include the 'one-day feeding adoption'. Moreover, we are actively educating people and spreading awareness about why they should adopt animals. A campaign by sandalwood actor Darshan last year contributed a lot to the cause. I think the biggest reward for the adopters is their names displayed on enclosures. This makes them feel good," said Dr Sunil Panwar, chief conservator of forests and executive director, BBP.

The zoo has multiple adoption plans for the patrons — 'Diamond class', 'Gold class', 'Silver class' and 'Bronze class'. The adoption rate under 'Diamond class' varies between Rs 3 lakh and Rs 75,000 per year; the rate of adoption under 'Gold class' varies between Rs 50,000 and Rs 20,000 per annum; the rate under 'Silver class' varies between Rs 15,000 and Rs 10,000, and under 'Bronze class' between Rs 5,000 and Rs 1,000 per year.

The programme was launched after the zoo faced a financial crunch due to a dip in footfall during covid-19 lockdowns.



"Zoos, including BBP, are self-sustained organisations and do not receive any grant from the government to run the facility. We need to raise funds solely through gate revenue. During the lockdown, BBP was reeling under a fund crunch and was cash-strapped. At one point in time, we were worried about feeding the animals too. However, this programme helped us tide over," added Dr Panwar.

According to the officials, BBP has raised Rs 1.89 crore between April 2021 and February 2022 through the initiative. Now, with lockdowns lifted and normalcy returning, things are looking up. As the footfall has gone up, the revenue is good.

BBP is planning to continue with the adoption programme and use the funds raised to upgrade animal enclosures and facilities for the visitors.

"We spend around Rs 12 to 13 crore every year just to feed our animals. Even if we can save a fraction of that amount, we can invest it in improving the animal enclosures and visitors' facilities. When people have a good experience at the park, they go back with good memories, and that in turn encourages them to adopt zoo animals. We are concentrating on improving the visitors' experience," said Dr Panwar.

The programme also helps create awareness and connect with people involved in conservation activities. The fund generated by the programme covers feed, maintenance and veterinary healthcare expenses of the animals that are adopted. The patrons can now adopt the animals online with the Zoo Authority of Karnataka app or by visiting the BBP website.

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Charging points on highways soon

Bescom also in talks with BMRCL to set up charging stations in parking spaces

Melvin Mathew
mybangaloremirror@timesgroup.com
TWEETS @BangaloreMirror

Bengaluru is in the lap of the electric vehicle (EV) revolution. Hence, in order to accelerate EV penetration, more charging stations have to be installed. Bengaluru is one of the 11 cities that have been identified for saturation with charging stations.The primary model is to invite the PPP model where investors will set up the charging stations, and with an increased number of charging stations. BESCOM, which is taking a lead in charging stations, hopes to increase the confidence of the users. It has also planned to electrify highways to enable long-distance travelling.

As per Centre's instructions, Bescom is planning to set up charging stations every 25 km on either side of the highways. For this, three highways have been identified. Under FAME-II, Bengaluru-Mumbai, Bengaluru-Chennai and Bengaluru-Mysuru have been chosen. The department of heavy Industries has invited the expression of interest and will soon be finalised.

Helping hand

Now, the big question is how to identify the charging stations. EV Mitra is a mobile application for users to charge at Bescom charging stations. It is both available for Android and IOS users. It allows you to locate charging stations, navigate charging stations, availability of chargers, pre-booking and per-unit rates of connectors.

It works on a prepaid basis where if a user charges less than the prepaid charge, the amount is refunded back to the wallet. "There is also a facility for RFID-based charging with the target being the three-wheeler segment. The first 100 RFIDS were distributed free of cost and later Rs 50 per RFID tag was charged. RFID is linked to the EV-MITRA account. Users need to tap onto the station and based on the type of vehicles chosen the prepaid amount is displayed. If the requirement is lesser, users need to select manually. Currently, there are more than 1,900 users on the EV-Mitra and five corporate users which include more than 187 drivers. Corporate users are given special benefits like tracking and limiting daily usage, adding or removing drivers, monthly consumption via vehicle or driver," said an official.

Charging at Metro stations

BESCOM is also in talks with BMRCL to set up charging infrastructures in parking spaces. Under Karnataka government's EV and ES policy, it is mandated to install 19 chargers, but BESCOM is asking for installation at all Metro stations as they are equidistant. BESCOM feels it's a win-win situation and they can fulfil the mandate and that they can improve the charging infrastructure. A Metro land will be acquired on a lease model and a revenue-sharing basis.

How is BESCOM preparing for increased demand

Currently, 40,000 units per month are being used from BESCOM's charging stations. In Bengaluru, if all vehicles are converted to electric vehicles, BESCOM estimates demand for 29,600 MU with a demand of 4,400 MW. BESCOM is already in talks with India Smart Grid Forum and has carried-out a load-flow analysis and a grid-feasibility study, said an official.

Tying up with RWAs

The latest guideline, issued on January 14, defines minimum charging stations for Bescom to be considered as public charging stations. Standardised chargers have to be used in public stations. Bescom is also working with a number of resident welfare associations to install a charging station on a service model. Here, RWAs won't be required to invest in the infrastructure but investors will come and install and set up stations. Addressing the concern of safety, Bescom is ensuring that only certified chargers are being used. Customers who want to charge need to avail domestic charging facilities. In housing complexes, residents can have a common charging facility with a dedicated charging connection and in other premises; they can have a dedicated EV connection. In areas of high-tension supply, users can also avail a sub-meter and in areas with no high-tension supply, consumers can avail a separate connection.

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India, Japan to collaborate on EVs, hydrogen

India and Japan have agreed to extend clean energy partnership to cover EVs, battery storages and green hydrogen as the two Asian economic powerhouse pivot net zero carbon emission pathways. A India-Japan Clean Energy Partnership statement was issued, detailing areas of cooperation, after Japanese Prime Minister Kishida Fumio met Indian Prime Minister Narendra Modi for the 14th India-Japan Annual Summit. "India and Japan acknowledge the need to explore a variety of options to ensure a secure and stable supply of energy for achieving both goals of sustainable economic growth and addressing climate change. They share the view that there is no single pathway to achieve a low-carbon economy, but rather there are different paths for each country," it said. While India is targeting net zero-carbon emission by the year 2070, Japan is looking to achieve the target by 2050.

The joint statement stated, "Both countries are tapping into low-carbon sunrise sectors and exploiting new technologies and business models to reduce carbon emissions." This offers immense potential to enhance bilateral cooperation in the area of clean and sustainable development, it added.

The nations agreed to expand the 2007 cooperation to include EV storage systems including batteries and EV charging infra

The two nations agreed to expand the 2007 cooperation under the Japan-India Energy Dialogue to include Electric Vehicles (EV), storage systems including batteries, electric vehicle charging infrastructure (EVCI), development of solar energy including solar PV cells, wind energy and clean coal technologies. They also collaborate on green hydrogen and ammonia, LNG, biofuels and strategic oil reserves. "Under the partnership, both sides agree that cooperation may also be pursued in other areas including through collaboration between leading research institutions and private sector of both countries for practical steps in accordance with their respective energy transition plans," the statement said, adding these could include disposal, recycling and reclamation of useful material from batteries, solar panels, turbine blades and electronics; clean steel, and clean construction.

"The partnership will lead to clean growth by boosting job creation, innovation and investments,"it said.

–PTI

Home is where EV charging point is

Architects too want people buying independent houses to plan installing points

Sridhar.Vivan
@timesgroup.com
TWEETS @sridharvMIRROR

Different people have different priorities and preferences while buying their dream home... For some, it's Vaastu and for others it's car parking, adequate lighting, good roads and so on.

However, the latest trend in the city is to ensure that the dream homes should come with EV charging infrastructure as well. "Apartment residents are now facing the challenge of EVs over charging stations. Even if a couple of EV charging ports are being installed, there is no clarity as to who will pay the bill. The apartment representatives want residents to pool in money, but others who don't own an EV ask why they should share the bill for someone else. As of now, the technology is not upgraded where an instant bill can be generated for EV charging. In this scenario, there is no such problem for people buying EVs with independent homes," said Jagadish, an architect.

Another architect said, "We are advising people to provide sufficient space for EV charging. If this infrastructural facility can be done at the construction of a new home, then EV charging will be easier. Today, not many may be buying EVs but tomorrow it may become a trend. For example, there are thousands of people who had constructed houses earlier without leaving a place for car parking. Their argument was that a car was termed a luxury and they may not afford it."

> **When cars became essential, many house compounds had to be demolished to build parking spaces. This damaged the beauty of the houses**
>
> –Architect

However, he says: "When cars became essential, the house compounds had to be demolished to make way for cars. This was not only wastage of money but also damaging the beauty of the house. Similarly, many were not willing to go for AC ports at home saying that Bengaluru didn't need AC. But, the changing weather forced many homes to adopt AC and then again electricians had to be roped in to fix AC ports. These are a few examples to say that EV charging ports may not be essential for people now but this will soon become a trend in days to come."

Hence, architects are urging people that all those planning to go for independent houses should go for EV charging port. Many architects say that now when they are drawing the building plans, EV charging ports are also becoming an integral part of the building plan.

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Nod to Novavax for teens
Novavax on Tuesday announced the first emergency use authorisation of its covid vaccine for adolescents in the age bracket of 12–18 years

BangaloreMirror | 10
Thursday, March 24, 2022
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Brutal sexual assault by husband is rape: Karnataka HC

#Bengaluru
The Karnataka High Court on Wednesday said that a brutal act of sexual assault on the wife, against her consent, albeit by the husband, cannot but be termed to be rape.

It said such sexual assault by a husband on his wife will have grave consequences on the mental state of the wife; it has both psychological and physiological impact on her.

Further stating that such acts of husbands scar the soul of the wives, the court observed that it is, therefore, imperative for the lawmakers to now "hear the voices of silence".

The single judge bench of Justice M Nagaprasanna made these observations while refusing to interfere with the proceedings initiated against a man, the petitioner, on charges of rape, cruelty as also offences under the POCSO Act for alleged sexual acts against his wife and daughter.

"If a man, a husband, a man he is, can be exempted from the allegation of commission of ingredients of Section 375 of the IPC (rape), inequality percolates into such provision of law," the court said. Stating that all human beings under the Constitution are to be treated equal, be it a man, a woman and others, it said, any thought of inequality, in any provision of law, would fail the test of Article 14 of the Constitution.

Further, pointing out that for ages man donning the robes of a husband has used the wife as his chattel. The court said, "The age-old thought and tradition that the husbands are the rulers of their wives, their body, mind and soul should be effaced. It is only on this archaic, regressive and preconceived notion, the cases of this kind are mushrooming in the nation." **– Agencies**

Govt urged to drop plan to privatise rlys

Congress leader makes demand in Rajya Sabha; asks government to focus on providing employment to people

#New Delhi
TCongress leader Mallikarjun Kharge on Wednesday said the Centre must give up the idea of privatisation of railways, and accused the dispensation of not giving due credit to the previous Congress-led governments for their contribution to the development of the national transporter.

Speaking during a discussion on the working of the Ministry of Railways, the Leader of Opposition in the Rajya Sabha said the government should focus on the ground reality instead of publicity as it will not fill stomachs, and until people are gainfully employed, they will keep fighting.

Accusing the Centre of not giving due credit to the previous Congress-led governments for the initiatives undertaken for the railways, he said, "If so much hatred exists in a democracy, it will become difficult to sustain."

Kharge said 2.65 lakh posts in the railways are lying vacant whereas 3.18 lakh people are employed on daily wages and 9.67 lakh posts are regularised.

He claimed that a picture of railways running into losses was being projected with an objective to privatise the national transporter. He also asked the government to give up the idea of privatisation of Indian Railways, arguing that it will lead to a spike in inflation due to increased freight rates.

Pilgrims in a train on their way to Sabarimala

Kharge said only two Vande Bharat trains have been introduced in the last three years.

"You had announced plans to run 400 Vande Bharat trains. Can you do it in 1-2 years?" he asked the central government. Referring to the government's plans to introduce bullet trains in India through collaboration with Japan, he said the Centre had said these trains would start running in 2022, but the project is moving at a snail's pace.

No such plans

Meanwhile, Railway Minister Ashwini Vaishnaw had last week said the government had no plans to privatise the Indian Railways and the opposition parties' contention in this regard was hypothetical.

Replying to a discussion on demands for grants for the railway ministry for 2022-23 in Lok Sabha, he also said the railways has resolved the recent "misunderstanding" with regard to recruitment in a sympathetic manner.

"There is no ban on recruitment is going on for 1.14 lakh vacancies," he said while responding to various issues raised by MPs during the discussion. **– PTI**

11 migrant workers from Bihar killed in Hyd godown blaze

#Hyderabad
Eleven migrant workers hailing from Bihar were killed in an early morning blaze on Wednesday that swept through a scrap godown in the city, with only DNA tests likely to ascertain the victims' identities since the bodies were charred beyond recognition, police said.

The godown was allegedly operating without fire safety measures and a lone internal spiral staircase hardly helped the deceased flee the fire, although one person managed to escape by jumping out of the room, they said.

President Ram Nath Kovind, Vice President M Venkaiah Naidu, Prime Minister Narendra Modi and Telangana Chief Minister K Chandrasekhar Rao expressed grief over the incident. The PM and Rao also announced ex-gratia to the victims.

The deceased workers, hailing from Chapra district of Bihar, were sleeping in a room constructed above the godown at Bhoiguda here when the incident happened, fire and police officials said.

The fire officials received a call at 3.55 AM and eight fire tenders were rushed to the spot. The blaze was extinguished by around 7 am, they said.

Firefighters try to douse a fire that broke out at a scrap godown at Bhoiguda area, in Secunderabad, on Wednesday

Based on preliminary investigation, a fire official told PTI the blaze started from the scrap godown and spread to the room above. The workers appeared to have tried to escape but soon fell unconscious after inhaling thick smoke. Bodies, charred beyond recognition, were found in a heap as they apparently collapsed upon inhaling the smoke, he said.

The bodies were shifted to the nearby state-run Gandhi hospital to conduct post-mortem and other official procedures. **– PTI**

SC asks CEC to examine Rlys request to fell 5,094 trees

#Kolkata
The Supreme Court on Wednesday passed the order directing the Central Empowered Committee (CEC) to examine and submit its report in a matter where the Rail Vikas Nigam Limited (RVNL) has sought permission to fell 5,094 trees for a railway line project between Mathura and Jhansi in the Taj Trapezium Zone (TTZ).

TTZ is about 10,400 square kilometres, spread over the districts of Agra, Firozabad, Mathura, Hathras and Etah in Uttar Pradesh, and Bharatpur district of Rajasthan.

A bench of Justices L Nageswara Rao and BR Gavai directed the CEC to submit the report within four weeks and listed the matter for hearing thereafter.

It said, "As further permission is sought for cutting of another 5,094 trees which is required for the railway line, CEC is directed to examine the matter and submit a report."

The apex court was hearing an application filed by the RVNL seeking permission to fell 5,094 trees for the railway line project.

Birbhum killings: Cal HC asks Bengal govt's report

#Kolkata
The Calcutta High Court on Wednesday directed Central Forensic Science Laboratory (CFSL) Delhi to immediately collect necessary materials for forensic examination at Bogtui village in Bengal's Birbhum district, where at least eight people were charred to death in the suspected fallout of a TMC panchayat official's murder.

The court asked the state government to produce the case diary/ report in the case before it by 2 pm on Thursday, when the matter will be taken up for hearing again. It directed the state to ensure that evidence at the place of occurrence remains intact.

A division bench headed by Chief Justice Prakash Shrivastava, taking up a suo motu petition and a set of PILs seeking an independent probe into the incident, ordered immediate installation of CCTV cameras covering all angles of the crime scene in the presence of district judge, Purba Bardhaman, and recordings be done until further orders. The bench, also comprising Justice R Bharadwaj, directed a team of CFSL in Delhi to visit the place of incident and collect samples for examination without any delay. It asked the DGP to ensure safety of witnesses, including that of a minor boy injured in the arson.

The bench directed that any further post- mortem of bodies connected to the incident be video recorded and asked the government to state in its report whether post-mortems done so far were videographed or not. **– PTI**

IVF works like boon against infertility

Poor lifestyle, stress, irregular menstrual cycle and myriad of reasons get in the way of couples conceiving

With many failing to conceive naturally, IVF (In Vitro Fertilisation) has gained popularity. Doctors try to help them by identifying the actual reason for infertility. GarbhaGudi IVF Centre Medical Director Dr Asha S Vijay said sometimes in women, the blockage in the fallopian tubes, thyroid, irregular menstrual cycles, and other reasons contribute to infertility. Some issues can be resolved with tablets and simple procedures like IUI (Intrauterine Insemination). If those treatments fail, patients are recommended IVF.

"When women go through surgeries in the ovary or uterus they face the problem of infertility. Those who have health issues early on can heed the advice of a doctor without waiting too long. Sometimes the patient can be treated by removing the blockage in the uterus with a laparoscopic procedure. There are psychological problems that also contribute to infertility among women. Doctors will identify the exact reason and decide on the treatment. Men's infertility issues are caused due to a lack of sperm, issues with morphology of sperm and its motility. Smoking, tobacco consumption and other habits contribute to this. Doctors do a semen analysis to decide on the exact reason for infertility and treat them. Men who had infections in their childhood may also deal with infertility," she said.

Stress also contributes to the inability to conceive. It is better to have a child at a conceivable age. The government also capped the age for IVF to 50 years. Diabetes, hypertension and other lifestyle diseases too cause infertility. Male infertility is also common these days. It may have increased due to lifestyle modifications.

IVF success rates depend on the age of the couple. The success rate is high in younger couples. IVF success rate is 60 to 65 per cent.

Infertility among young couples is on the rise due to lifestyle changes. It has doubled in recent times as many sleep during working hours and work during sleeping hours. This leads to an increase in cases of diabetes and hypertension and also leads to infertility.

In the last 10 years, infertility has doubled among young couples. The external factors added to the problem. Monosodium glutamate which is used in food is largely influencing the young. The chemicals we use in our daily life in shampoos, floor cleaners too contribute to infertility. These chemicals can lead to thyroid or menopause which starts at the age of 40 to 45 years.

Dr Asha S Vijay said, "We conduct counselling with young couples and identify the problems. We guide them to make lifestyle changes. We provide relief from stress through yoga and meditation. This will lead to better results. Our doctors work with embryologists for better results. We provide Paripoorna offers to BPL cardholders and have Women's Day offers too. We conduct camps in rural areas and conduct free semen analyses for the men. We started providing services at the home at the time of the pandemic to those who were unable to visit the hospital. Now we are continuing the services."

– Prakash VL

Those who have health issues early on can heed the advice of a doctor if they are planning to start a family without waiting too long

Some moot points

- IVF success rates depend on the age of the couple. The success rate is high in younger couples. IVF success rate is 60 to 65 per cent
- The government also capped the age for IVF to 50 years
- In the last 10 years, infertility has doubled among young couples
- External factors such as chemicals we use in our daily life in shampoos, floor cleaners too contribute to infertility. These chemicals can lead to thyroid or menopause which starts at the age of 40-45 years
- What we eat, our sleep patterns and stress levels can also affect fertility

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CHEMISTRY TEACHER M.Sc./B.Sc./B.Ed. (Chemistry) {Classes 9 to 12} - ICSE/ISC
HINDI TEACHER M.A./B.A./B.Ed. (Hindi) {Classes 6 to 10} - ICSE
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SCHOOL COUNSELLOR B.A., M.Sc., Psychology

Candidate should be creative and innovative in teaching the subject and able to prepare students for intra/inter school competitions. Candidates with excellent communication skills in English, proficient in the use of computers and are able to co-ordinate co-curricular activities will have an edge over others.
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HEALTH TIP: A moderate physical activity like taking a stroll in the park or using steps instead of lifts done regularly may keep your brain healthy

Fresh fruit and vegetables are the best and tastiest way to project against chronic inflammation

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It's in the genes

Research shows sensitivity genes have role in success of relationship therapy

If the pandemic has put a strain on your relationship, you might be thinking about going to couples therapy or taking a relationship course to help.

After all, research shows that certain relationship education courses can help participants improve their communication skills and relationship quality – which may even prevent divorce.

But our research found that whether such courses work for you partly comes down to your genes.

While a large body of evidence shows that relationship courses can help couples, one aspect that hasn't been investigated yet is whether people who are more sensitive benefit more from such programmes.

We know from other research that sensitivity can effect how well children respond to certain psychological programmes.

Here, we wanted to find out whether the same might be true when it comes to adults and relationship programmes.

People can differ substantially in how sensitive to their environments they are. These differences can partly be explained by how a person was raised and the experiences they've been through. But research shows that how sensitive a person is may also have a genetic basis. Our previous research in twins showed that genetic factors explain around half of the population differences in sensitivity. Researchers found that there are many thousands of genetic variants which together influence how sensitive a person may be.

We set out to investigate whether differences in genetic sensitivity predict the degree to which people benefit from a relationship education programme. We found that people who were more sensitive were more likely to experience long-term benefits from a relationship programme.

To conduct our study, we collected genetic samples from 121 couples. These couples had all previously participated in a study that investigated a type of relationship course called the Prevention and Relationship Education Program.

This is a 12-hour programme that teaches participants about communication, problem-solving and emotional support. Half of the participants received the programme, while half were assigned to a control intervention that wasn't intended to have any affect on their relationship.

The couples had also filled out questionnaires on marital satisfaction, communication skills, how connected they feel to their partner and risk for divorce.

They did this before and right after the invention ended, then every six months for up to two years. We then analysed the collected genetic samples to create a genetic sensitivity score based on the number of genes a person had that previous research has linked to greater sensitivity.

Given that genetic studies require large samples, we repeated the same analyses in an independent study with 160 people. This group also provided a genetic sample as well as answering a similar questionnaire about their relationship.

Genetic sensitivity

Initially, we found that people with higher genetic sensitivity scores had no greater immediate benefit from the relationship programme compared to those who were less sensitive.

But after two years, highly sensitive people in the programme were shown to report better marital satisfaction, communication and positive bonding than less sensitivity people.

They also reported lower risk of divorce. Given these differences only emerged after two years, this could mean that sensitive people internalised the course's lessons more deeply, and continued to apply the skills even after the course ended. It could also mean they're more sensitive to small improvements made in their relationship in the longer term.

Our study provides further evidence that genetic sensitivity can influence whether people benefit from psychological programmes. But additional studies will need to replicate these results in larger samples.

This will allow us to really know whether or not these findings should inform how relationship interventions are conducted in the future.

This isn't to say that people with high genetic sensitivity are the only ones who will benefit from relationship support.

But it will be important to better understand whether people with low genetic sensitivity need to use different techniques in order to see the same benefits, including longer or more intense help.

(By Michael Pluess, Queen Mary University of London; & Galena Rhoades, University of Denver for The Conversation via PTI)

CHANGE OF NAME

I, Manjunath M, S/o Muniyappa R/o #53/1, Nethaji Nagar, Hosur, Mathigiri, Hosur Cattle Farm, Krishnagiri, Tamil Nadu 635110. I Declare that my correct name is Manjunath M as mentioned in Bank Passbook but in Bajaj Allianz Mentioned as Manjunathan M. I hereby declare that in future my name is known and called as Manjunath M. Vide affidavit dtd 21-03-22 sworn before notary B.M. Chandrashekar Bangalore.

I Praveena Madivalar Devendrappa S/O, Devendrappa Madivalar Rangappa R/o 05 Near Anjeneya Temple Doddabbigere Davangere, doddabbigere, Davangere, karnatanka 577552 have changed my name to Praveen M D for all purposes.

I Abdul Subhan Ameenuddin S/O, Ameenudin Noor Mohammed (noor Mohamad) R/o N0-28,7th Cross,b N0-19th Street,chadin Chowk Road,h K P Road,shivaji Nagar, bengaluru-560051 have changed my name to Ameenudin Abdul Subhan Querishi

I, Alias Suthrave Maanasa Sultavai Maanasa D/O, Sultavi Nageswara Rao R/o 27 2nd Floor 3rd Cross Rajaram Layout Pooja Gard, Bengaluru 560043 have changed my name to Maanasa Suthrave for all purposes.

I, Tahir Farhan Appapillai S/O, Yousuf Sultan R/o 300 3rd Floor 6a Main 1st Stage 3rd Block Hbr Layout, Bengaluru 560043 have changed my name to Tahir Farhan for all purposes.

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MIRRORLIGHTS

Stress reduces altruism in empathetic people

The findings of recent research suggest that the stress hormone cortisol reduces altruistic behaviour and alters activity in brain regions linked to social decision making. However, this happens only in people who are better at imagining others' mental states.

The research was published in the journal JNeurosci.

In a study from Universitat Hamburg, participants decided how much money to donate to a selection of charities before and after completing a stressful public-speaking task while researchers monitored their brain activity with fMRI.

To simulate the personal cost of making an altruistic decision, the participants received a portion of the money they did not donate. Before the stressful task, people with higher mentalizing ability, or the ability to imagine others' mental states, donated more money than people with low mentalizing ability.

In people with high mentalizing ability, increased levels of the stress hormone cortisol decreased donations; cortisol had no effect on people with low mentalizing ability. The researchers could predict how high mentalizers would choose to donate based on activity in the dorsolateral prefrontal cortex (DLPFC), a brain region involved in social decision making. **—ANI**

Are you a risk taker? Sleep will show

Researchers at the University of Bern have demonstrated that the brain waves during sleep can determine the extent of an individual's propensity for risk.

The findings of the research were published in the journal 'NeuroImage'.

"The fewer slow waves an individual has over their right prefrontal cortex during deep sleep, the greater their propensity for risk. Among other functions, this region of the brain is important to control one's own impulses," explained neuroscientist Daria Knoch.

Slow waves occur during deep sleep and indicate good sleep quality and regeneration. The topographical distribution of slow waves in the brain is highly individual and is highly stable over time, this means each individual has their own personal neuronal sleep profile. **—ANI**

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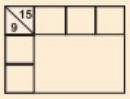
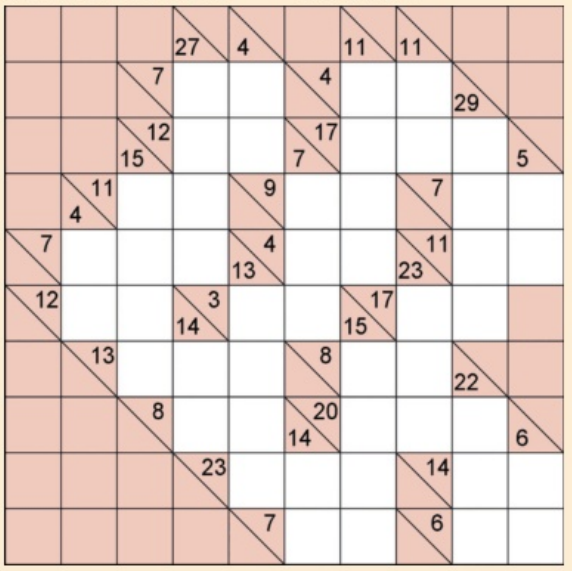
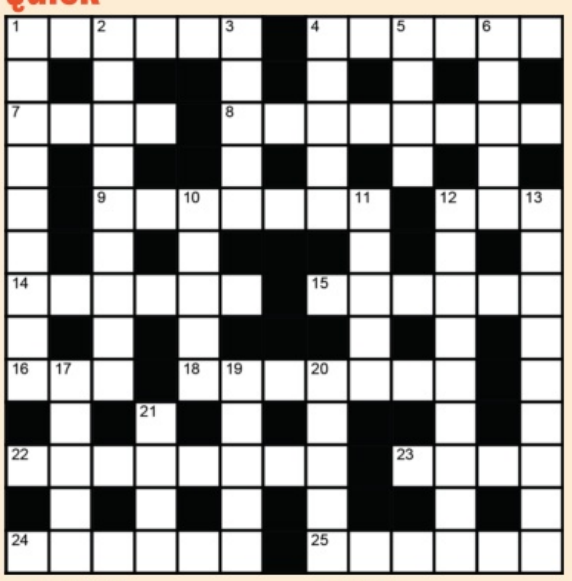


The numbers in the grey squares refer to the sums of the digits that you must fill into the empty spaces directly below or to the right of the grey square containing the number. For instance, in the given example, the 3 boxes horizontally next to 15 must contain 3 digits that add up to 15, whereas for 9, it is the 2 boxes placed vertically under it that must add up to 9. No zeros are used here, only the digits 1 through 9.

Note: A digit cannot appear more than once in any particular digit combination. For instance, in the example, we cannot have the combination of 4+7+4 for 15.



Quick



ACROSS

1 Famous English admiral (6)
4 Powerful or enormous (6)
7 Has (4)
8 Scarfs wrapped round the neck and face (8)
9 Relating to earthquakes (7)
12 Damp or moist (3)
14 Went after (6)
15 Acted poorly (6)
16 Abu Dhabi locale (3)
18 A small beginning or advantage? (3-4)
22 Unexpected good fortune (8)
23 Mariners (4)
24 Stylish and chic? (6)
25 Worthless (6)

DOWN

1 Rice noodle delicacy of Karnataka (4,5)
2 Variety of avalanche (9)
3 Deadens (5)
4 Civilian clothes (5)
5 Audacity (4)
6 A low number (5)
10 Incompetent (5)
11 Small film role (5)
12 Pulls out, falls back or gets away (9)
13 In a dull and boring manner (9)
17 Arabian gazelle (5)
19 Female organ of reproduction (5)
20 A slave or a serf (5)
21 Keatsian poems (4)

Quoteuncode

This puzzle is a substitution cipher in which one letter stands for another. If you think that Q equals C, it will equal C throughout the puzzle. Single letters, short words and words using an apostrophe give you clues to locating vowels. Solution is by trial and error.

Today's CLUE: Q EQUALS P

UEIM UT IHMJPJQIMT OTNKGR GPPXDO; UEIM UT NTIOM TC-QTPMTK WTHTDINNV EIQQTHO

Linemaro

I play the field, and it looks like I just hit a sixer with you

Mindchow

Boredom is a vital problem for the moralist, since at least half the sins of mankind are caused by the fear of it

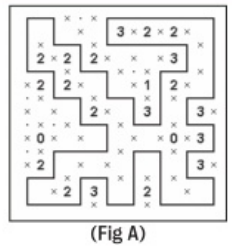
Joke of the day

A programmer is someone who solves a problem you didn't know you had in a way you don't understand

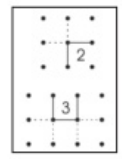
Loop

Rules

» Connect adjacent dots with vertical or horizontal lines, creating a single loop (Fig A). » Crossovers or branches are not allowed (As shown by dotted lines in Fig B). » Numbers in the puzzle indicate the number of lines that should surround it, while empty cells may be surrounded by any number of lines. » You can't draw lines around zeros. » Each puzzle has just one unique solution.



(Fig A)

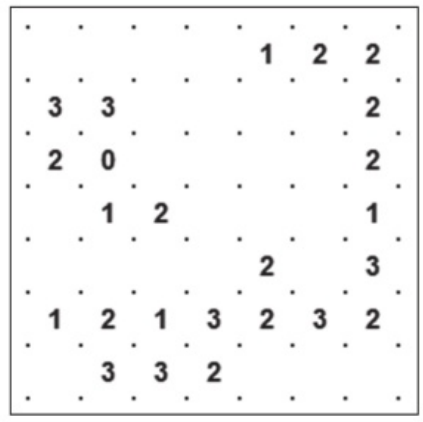


(Fig B) Not Allowed

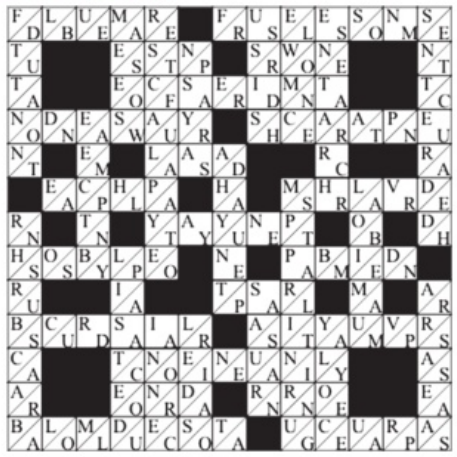
How to begin:

Example (Fig A) – Begin with the zero next to 3. Since no lines can be drawn around zero, mark crosses around it, as shown. Now there is a cross in one space around 3. So we know the three lines of 3 can only be drawn in the remaining three spaces. Next, these lines can only be extended in one direction each. Continue, using the same logic.

Hints: Keep eliminating possibilities by marking crosses in spaces between dots where a line isn't possible, i.e., if you have already completed required lines or where a line extension may create a branch or cause a dead-end (Fig B)



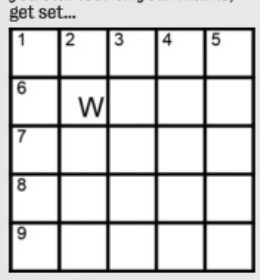
Strikeout



This crossword has no clues and the answer is there waiting for you. All you have to do is find it in each square. You have a choice of two letters, one of which you must strike out. If you choose correctly, you will be left with a grid that contains real words.

Fast five

How long do you think it will take you to unscramble the ten words shown below and fit them correctly into the grid in the order given one letter has already been entered to get you started? on your marks, get set...



ACROSS

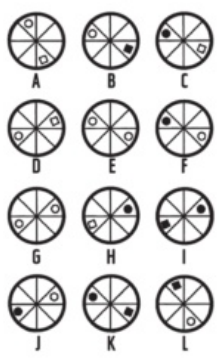
1 Sates; 6 Wages; 7 Racer; 8 Samoa; 9 Stint

DOWN

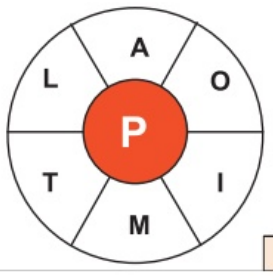
1 Coast; 2 A swim; 3 As ran; 4 Eg set; 5 Rates

Mensapuzzle

Match these designs into six pairs.



Bull's eye



How many words of four or more letters can you make from the letters shown? Every word must contain the central letter. There should be one seven-letter word. British English Dictionary is used as a reference.

09 Average; **10** Good; **12** Outstanding

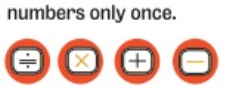
SudokuChallenge

	9	8	3		5	4	7	
1			9		2			3
	3	6				7	2	
	7		4		6		5	
	4	1				3	8	
2			7		4			8
	6	3	5		8	1	9	

To solve a Sudoku puzzle, every digit from one to nine must appear in each of the nine vertical columns, in each of the nine horizontal rows and in each of the nine boxes.

Gofigure

Place the four numbers in the first, third, fifth, and seventh boxes and whatever operators you care to use in the second, fourth, and sixth boxes in the correct order to get the answer. Use the numbers only once.



Easy = 15

3 4 6 8

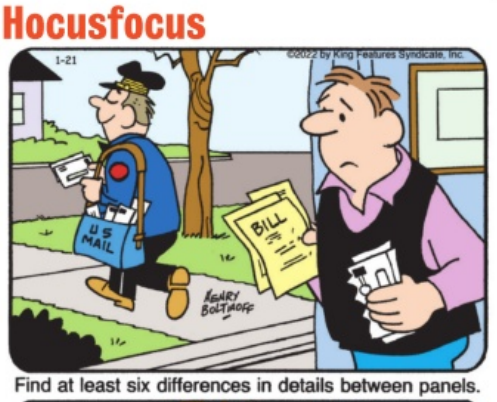
Medium = 31

1 4 4 7

Hard = 34

2 6 8 4

Hocusfocus



Find at least six differences in details between panels.

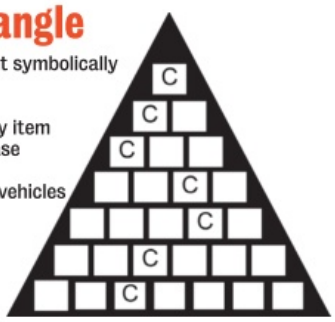
Differences: 1. Cuff is added to shirt sleeve. 2. Bush is smaller. 3. Tree trunk is thicker. 4. Patch on sleeve is different. 5. Line in walkway is moved. 6. Man is thinner.

Riddler

What has four fingers and a thumb, but isn't alive?

Alpha triangle

1 Diamond's element symbolically
2 Commanding Off.
3 Lettuce variety
4 Often-lost laundry item
5 Investor's purchase
6 Light bulb's place
7 Space traveller's vehicles



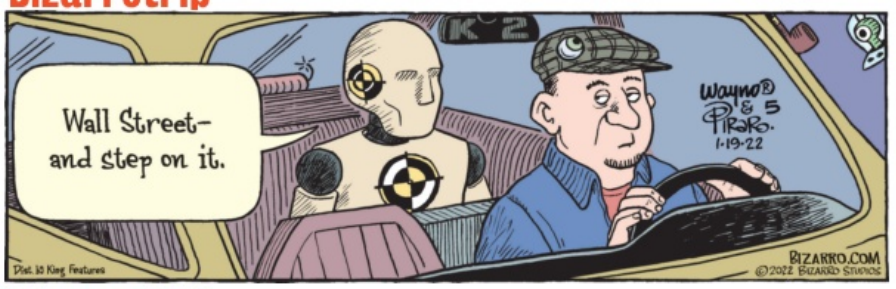
Beginning at the top move towards the bottom seven-letter word by adding a letter at each step and rearranging. A correct and different word must be made at each step answering to the clue given.

DIFFICULT TO SOLVE? FIND THESE SOLUTIONS ON THE NEXT PAGE

COMICS

Redeye by Mel Casson

Bizarrotrip



Diamond Lil

Hart of the city

MY FIRST MYSTICS THE GROUPIING TOURNAMENT. HOW DOES IT WORK?
SO IT'S SWISS STYLE PAIRINGS! YOU PLAY THREE ROUNDS. YOU GET 3 POINTS FOR A WIN, 1 POINT FOR A DRAW, AND NO POINTS IF YOU LOSE. AND THEN THE FINAL STANDINGS GET US A LIST OF THE TOP PLAYERS AND THE WINNER!
RIGHT.
MMHM.
OKAY.
SO... THEY PLAY EACH OTHER.
YES, HEART. THEY PLAY EACH OTHER.

Crankshaft

Mutts

WHAT YOUR STARS SAY TODAY

Aries Mar 21 – Apr 20
Today, you may feel dull; you may be victim of hidden fear which may make you scared. You are not in a situation to trust anyone. It is advised to meditate, chant prayers which may help you to come out from this hypothetical situation. With the help of elder's blessings around late evening, you may come out from this messy situation.

Leo Jul 24 – Aug 23
Today, you may expect some short business trip. You may also expect to get some rewards for your success in your domain. Your respect around you may increase. You may hear some good news from siblings. Job-seekers who are seeking a job in management, may be successful. Singles are likely to get engaged.

Sagittarius Nov 23 – Dec 22
Today, you may have detachment towards responsibilities you have been entrusted with. You also spend more in purchasing worthless items, which may increase negativity in the house or office. You are advised to keep an eye on your opponents and rivals; otherwise, you may be a victim of conspiracy. It is advised to read documents carefully before putting your signature.

Taurus Apr 21 – May 20
Today, a positive moon may make you happy. You may use your patience at every stage. Your performance may be good at work; you may get some incentives in terms of rewards. Health-related issues of family members will be resolved now. Job-seekers are likely to get a suitable job in their domain. Lovebirds may enjoy dating.

Virgo Aug 24 – Sep 23
Today is a good day, you will be blessed by Jupiter; your wisdom may help you to come out from difficult situations. You may also help the needy; you may also give your opinion to your family or friends which may increase your prestige among them. You may have some differences of opinions with your spouse, which may affect your domestic life.

Capricorn Dec 23 – Jan 20
Today, you will be blessed by elders. Your patience may improve; your focus towards your work may be very good. Parent's health may now become good. You are likely to spend your time with elders. You may also meet some influential person, who may help you on the professional front. You may also enjoy your romantic moments which may increase harmony in domestic life.

Gemini May 21 – Jun 21
Today, you may have mixed situations around you. It is advised to not expect more from anyone around you; it may disappoint you. Today, you may have self-exploration and self-analysis, which may call for filtering yourself. After the filtration process, you may feel confident and be able to prepare accepting challenges

Libra Sep 24 – Oct 22
Today, you may be victim of mood swings. You may feel dull; your health is not okay. It affects your day-to-day routine. You are advised to avoid rash driving and adventure tours. Today you may also spend on worthless things, which may affect your financial health.

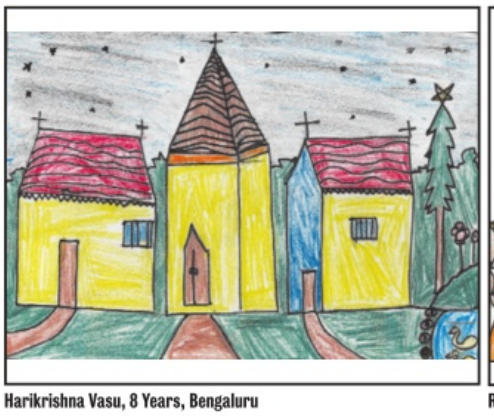
Aquarius Jan 21 – Feb 19
Today, you may be spiritual; you may help the needy around you. You may also plan to donate some amount to charity or a religious place. Your good karma may help you to get success in your difficult projects. You may feel some divine power around you which may help you in unpredictable situations. You may be attracted towards the occult. Students are likely to enjoy study in depth.

Cancer Jun 22 – July 23
Today, you may plan for a change in place; it is advised to postpone the decision related to migration. It is also advised to avoid investment in business. By late evening, situation may be under control. With the help of advice from one of the elders, you may control a messy situation.

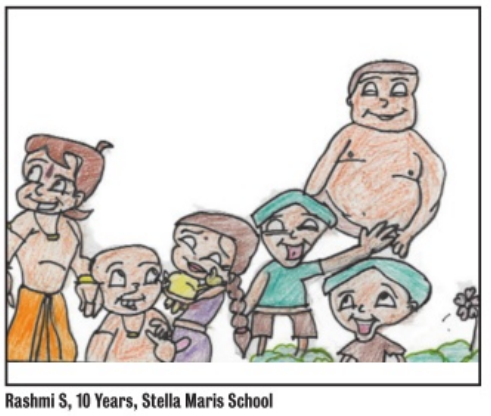
Scorpio Oct 23 – Nov 22
Today, blessing from elders may make you happy; your investments may give you profits. Losses will be converted into profits now. Your savings may boost your bank balance. You may plan to invest in kid's future also. You may also enjoy some delicious food at home.

Pisces Feb 20 – Mar 20
Today you may be happy. You may spread happiness around you; you may feel harmony in the domestic life; you may enjoy some romantic moments the spouse. Your family may support you take some important decisions on the professional front. You may expect some new ventures or partnerships in business or work.

KIDZONE



Harikrishna Vasu, 8 Years, Bengaluru



Rashmi S, 10 Years, Stella Maris School

Kidzone, Bangalore Mirror, No.4, KSCCF Compound, Pampa Maha Kavi Road, Chamrajpet, Bengaluru 560 018; Please send hard copies of your artwork in A4 size only.

SOLUTIONS

SOLVE IN 1M

=[(4^1^4^1^4^1)/(4^1^4^1^4^1)]^2
=[(4^(1+1+1+1))/(4^(1+1+1+1))]^2
=[(2^1+1+1^1)/(4^(2+1))]^2
=[(4^1+1^1)/(4^(2+1))]^2
=[(4^(1+1)+1)/(4^(2+1))]^2
=[(4^(1+1)/(4^(1+2)))]^2
=[(4^(2+1+1)/(4^(1+2))]^2
=[(4^(2+1)/(4^(2+1))]^2
=[(4^(4+1)/(4^(2+1))]^2
=[(4^(5-3))]^2
=[(4^5/4^3)^2
=[(4^5)/(4^3)]^2
=[(4^(5))/(4^(3))]^2
=[(4^(4))/(4^(3))]^2
=[(4^(2))]^2
=(4^2)^2
=4^(4) = 4^4 = 256.

RIDDLER A glove

FAST FIVE

A	S	S	E	T
S	W	A	G	E
C	A	R	E	R
O	M	A	S	A
T	I	N	T	S

STRIKE OUT

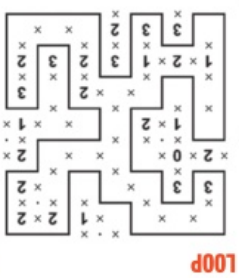
F	L	U	M	E		F	U	L	S	O	M	E		
U		E	S	P		R	O	E		N				
T		O	C	A	R	I	N	A		T				
O	N	E	W	A	Y		S	E	R	A	P	E		
N		M		L	S	D			C			R		
E	P	H	A		A		S	H	A	V	E			
R		T		T	A	U	N	T		B		D		
H	O	V	L	E		N		A	M	E	N			
U		A		T	A	R		A		A				
B	U	R	S	A	R		S	T	A	M	P	S		
A		T	O	E	N	A	I	L				S		
W	I	N	D	F	A	L	L		T	A	R	S		
R		O		V		E			R			U		
U	A	E	T	O	E	H	O	L	D			O		
T		D	P			E		H		I				
T	A	I	L	E	D		E	M	O	T	E	D		
U		L		N				A		I		E		
P		S	E	I	S	M	I	C		W	E	T		
L		D		B		T		L		E				
O	W	N	S		M	U	F	F	L	E	R	S		
O		A		U		U		A		H				
C	L	A	S	S	Y		T	R	A	S	H	Y		

BIDDLER

B	O	L	D	E	S	T		G	E	A	R	S		
A		T	O	E	N	A	I	L				S		
B	U	R	S	A	R		S	T	A	M	P	S		
U		A		T	A	R		A		A				
H	O	V	L	E		N		A	M	E	N			
R		T		T	A	U	N	T		B		D		
E	P	H	A		A		S	H	A	V	E			
N		M		L	S	D			C			R		
O	N	E	W	A	Y		S	E	R	A	P	E		
T		O	C	A	R	I	N	A		T				
U		E	S	P		R	O	E		N				
F	L	U	M	E		F	U	L	S	O	M	E		

KAKURO

LOOP



ALPHA TRIANGLE

C, CO, Cos, Sock, Stock, Socket, Rockets.

GO FIGURE

Easy
4 + 8 − 3 + 6 = 15
Medium
7 x 4 − 1 + 4 = 31
Hard
4 x 6 + 8 + 2 = 34

SUDOKU

3	2	4	6	8	7	5	1	9
6	9	8	3	1	5	4	7	2
1	5	7	9	2	4	8	6	3
9	3	6	8	5	1	7	2	4
8	7	2	4	3	6	9	5	1
5	4	1	2	7	9	3	8	6
2	1	5	7	9	4	6	3	8
4	6	3	5	2	8	1	9	7
7	8	9	1	6	3	2	4	5

MENSA PUZZLE

A–D, B–L, C–H, E–G, F–J and I–K.

QUOTE UNCODE

What we anticipate seldom occurs; what we least expected generally happens

BULL'S EYE

atop, lamp, limp, palm, patio, pilot, plait, plot, tamp

QUICK

Volume No 15, Issue No 197 RNI NO:KARENG/2007/21142 Published for the Proprietors, Metropolitan Media Company Ltd by R.J. Prakashan at No.4, KSCCF Compound, Pampa Maha Kavi Road, Chamrajpet, Bengaluru 560 018 and printed by him at Fourth Estate Ltd, No. 9/10/11-A, 4th Main, Bommasandra Industrial Area, Hosur Road, Bengaluru 560099 (Phones : Press : 080-22899999; Editorial : 080-40877666, Fax – 40877545, Registered Office: No.4, KSCCF Compound, Pampa Maha Kavi Road, Chamarajpet, Bengaluru 560 018. Email : mybangaloremirror@timesgroup.com Editor : Ms. Seena Menon – responsible for selection of news under PRB Act. © Reproduction in whole or in part without the written permission of the Publisher is prohibited.

 # A musical biopic on Dolly Parton's mind

Dolly Parton wants to make a musical biopic about her life, eyes big star for it. Parton herself will be seen in a film, an adaptation of 'Run, Rose, Run,' the novel she co-wrote with author James Patterson

Smooth sailing

Ranveer's new way to enjoy an afternoon

Actor Ranveer Singh, who was recently in London, has shared a new set of pictures on social media. He has also posted a video while enjoying an afternoon sail.

In the pictures, he can be seen sporting a blue shirt paired with white pants and cool sunnies. He left his fans in complete awe of his new look. Ranveer's long hair and bearded look have caught everyone's attention. His pictures reminded his good buddy Arjun Kapoor of their 'Gunday' days. He dropped a comment on his post that read, "This hair beard is bikram circa 2014."

Meanwhile, Ranveer is currently busy shooting for Karan Johar's 'Rocky Aur Rani Ki Prem Kahani' with Alia Bhatt. He will also be soon seen in 'Jayeshbhai Jordaar', 'Takht', and Rohit Shetty's 'Cirkus'.

Timothee-starrer 'Bones and All' lands at MGM

Luca Guadagnino's next directorial venture, 'Bones and All', starring Timothee Chalamet, has landed at MGM. As per Variety, the studio has secured worldwide rights to the feature that Guadagnino directed from a script written by longtime collaborator David Kajganich.

The movie, which also features Taylor Russell in the lead, is based on the novel of the same name by Camille DeAngelis. It follows a woman on a cross-country trip as she searches for the father she's never met in an attempt to understand why she has the urge to kill and eat the people that love her.

The description reads: "Bones and All is a story of first love between Maren (Russell), a woman learning how to survive on the margins of society, and Lee (Chalamet), a disenfranchised drifter, as they join together for a thousand-mile odyssey which takes them through the traps of Ronald Reagan's America. But despite their best efforts, all roads lead back to their terrifying pasts and to a final stand which will determine whether their love can survive their otherness."

Nayanthara off for a shoot

Amid wedding rumours with Vignesh Sivan, Nayanthara is all set to jet off to Mumbai in the first week of April for the next shooting schedule of Atlee's next with Shah Rukh Khan.

According to a report in a news portal, Nayanthara would be flying off to Mumbai in the first week of next month. A source told the portal that it is going to be a week-long schedule at a studio in Mumbai and Nayanthara is super excited about it.

Reports are also rife that the actress will be seen essaying the role of an investigative officer in the movie while Shah Rukh Khan will play a double role. Apart from these superstars, Sanya Malhotra and Sunil Grover will also be seen playing key roles. There has been no official confirmation yet.

Nayanthara and Vignesh are together for the past seven years. Last year, the couple had hinted at their engagement when Nayanthara shared a cryptic picture of her hand, flaunting a ring.

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